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今日北京

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OH? HAO SURREAL

SEEKING TO ESCAPE LONELINESS, HAO SHUAIQI
HAS BUILT A DALI-ESQUE PARALLEL WORLD OF THE MIND
THAT OCCASIONALLY BLEEDS OUT ON HIS CANVAS. P.4

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FEATURE



How Traditional Medicine Gains – and Loses – by Standardization

BY SIMINA MISTREANU

Dr. Jing Wang is the sixth generation of traditional Chinese medicine practitioners in her family. Her grandfather learned how to mix and boil herbs from an old village doctor.

Wang herself graduated from Beijing University of Chinese Medicine. During her Ph. D program, she spent two years at Yale University researching cancer. Now, as a physician at Dongzhimen Hospital, she's interested in applying integrated Chinese and Western medicine to combat the disease.

Her experience exemplifies how traditional Chinese medicine has moved closer to Western facilities, practices and standards in the past years. Doctors and representatives of traditional medicine are considering a set of standards to test its practices and guarantee its efficacy.

Some argue that traditional medicine should focus on extracting active substances from plants – like how Tu Youyou discovered artemisinin and won China's first Nobel Prize in medicine last year.

But critics say that standardization risks killing the traditional art, which may entail boiling concoctions of 10 to 20 herbs

selected by therapists based on individual symptoms.

"We have to ask ourselves, what is it about the tradition that is worth sustaining," said Dr. Vivienne Lo of the University College of London China Centre for Health and Humanity. She then gave the example of a revered traditional medicine practitioner whose students gather around to watch how he prepares various concoctions for his patients.

"His art cannot be standardized. We try to standardize, we try to do everything according to the boxes, but then you lose the art," Lo said.

Lo and Wang were among a group of specialists on a panel about the benefits and downfalls of standardizing traditional Chinese medicine. The event was hosted at the World Health Organization offices in Beijing in late February and organized by the Royal Asiatic Society, Beijing.

Principles and History

Traditional Chinese medicine is rooted in two ancient theories: the harmony of yin and yang and the Five Elements.

Yin and yang represent the balance of opposing and complementary forces in one's



CFP Photos

body. Chinese medicine employs four treatment strategies in relation to the yin and yang: tone the yang; tone the yin; eliminate excessive yang; and eliminate excessive yin.

The Five Elements are wood, fire, earth, metal and water. In traditional Chinese medicine, they represent the relationship between the human body and nature. Practitioners believe different parts of the body are correlated to the elements and to natural structures. For example, doctors will use a tree's leaves to treat the head and the respiratory system; the branches for the joints; the bark for the skin; and the fruit for the hair.

Some of the earliest documents indicating traditional Chinese medicine practices were discovered in an imperial tomb from 168 BC in Hunan province. They included methods to boost the qi – an energy of well-being that circulates within the body. Acupuncture, moxibustion and herbal therapy have been documented through the centuries and are still used today in traditional Chinese medicine.

In the first part of the 20th century, Chinese medicine looked like it would become obsolete in a country that valued science more and more.

"Everyone at that time agreed that Chinese medicine had no future," Paul Unschuld, a historian of Chinese medicine at the Charit Hospital in Berlin, told *The New York Times*. "Ideas like yin-yang, the Five Elements 'all of that was considered backwards.'"

But Chairman Mao declared Chinese medicine and pharmacology a "great treasure house," demanding at the same time that it modernize. He set up traditional Chinese hospitals, schools and research institutions. Still, Western medicine prevailed: Last year, China had 23,095 hospitals, of which 2,889 specialized in Chinese medicine, according to the Times.

The main difference between traditional Chinese medicine and Western medicine is philosophical, Wang said: traditional Chinese doctors treat primarily according to the symptoms, while Western doctors treat according to the disease.

The two approaches are being integrated in traditional Chinese hospitals. Wang uses traditional medicine to improve the quality of life for her cancer patients; reduce the side effects of conventional chemotherapy; as well as reverse the multi-drug resistance in some patients.

Yet traditional Chinese medicine is still often attacked as being non-scientific, its methods and treatments untested and unpatented.

Standards

Traditional Chinese medical societies and practitioners are looking at ways to standardize the practices so they become more widely accepted around the world.

Zou Jianhua, the World Federation of Chinese Medicine Societies' director of academic exchange, said the organization needs to use modern language to explain the practice and mechanisms of traditional Chinese medicine. The organization has members in 61 countries.

"It's important to develop international standards that can guarantee that traditional medicine really follows accepted standards, which should be at the highest (levels)," said Bernhard Schwartlander, the World Health Organization Representative in China.

But Lo of the University College of London argued that regulation constricts traditional medicine.

"If the substances are not dangerous, people should respect the traditions that were passed through generations," she said. "What needs to be regulated is the trade, not the practice."

Specialists also considered focusing on extracting active ingredients from natural remedies, as Nobel laureate Tu did with artemisinin, which was extracted from sweet wormwood.

There, too, opinions vary. Some believe practitioners should research the herbs using a modern scientific approach. But others claim that would mean disrespecting the cultural heritage of Chinese medicine.

"I feel happiness and sorrow," Liu Changhua, a professor of history at the China Academy of Chinese Medical Sciences, said regarding Tu's Nobel Prize, according to the Times. "I'm happy that the drug has saved lives, but if this is the path that Chinese medicine has to take in the future, I am sad." ■

MUSIC

LIVE SHOW ROUNDUP

Beijing boasts one of the world's most vibrant indie music scenes. Support our local artists with a trip to one of this week's live performances!

Family Party @ Yugong Yishan

Beijing Thug Life Brothers Family Rock Party is coming to Yugong Yishan. Scarlet Horizon, Icemoon, The Skin I Live In, The Sweet Escape, Owat, Devil Mask, Multi-Ego, The Uncrowned, Drunkard, Scar Constitution and Army of Jade Kirin will be at the party.

🕒 March 12, 8-11 pm
📍 3-2 Zhangzizhong Lu, Dongcheng
💎 80 yuan (pre sale); 100 yuan (at door)

Tree Planting Party @ DDC Club

Namo Band, Hoochie Coochie Gentlemen and a secret guest are celebrating tree planting day at DDC Club. Tree planting day marks the beginning of the spring, and is a fresh breeze like Namu's music. The party also recalls life in the 1980s.

🕒 March 12, 9-11 pm
📍 14 Shanlao Hutong, Dongcheng
💎 100 yuan (limited)

Wang Meili & Xiaotao @ Lanxi Bar

Wang Meil is an audio designer for online games, he is also an indie singer who seeks beautiful sounds in nature. Xiaotao, also called Tony, was born in Beijing. He started performing in bars in Hangzhou in 2010. His live shows and original songs have won him many fans.

🕒 March 12, 9:30-11:30 pm
📍 183 Jiugulou Dajie, Xicheng
💎 79 yuan (with drink), 40 yuan (at door)



To Li Zongsheng @ Snail Hostel

To show respect and love for Li Zongsheng, a singer-songwriter from Taiwan, Yuelin, Xiaoyue, Qinglang and Ouyang Mengxi are singing at Snail Hostel. Li Zongsheng wrote many famous songs that left a deep impression on China's current generation of listeners.

🕒 March 12, 8:30-10:30 pm
📍 73 Daxing Hutong, Dongcheng
💎 50 yuan (pare sale), 80 yuan (at door)

Namo A Buddhist Heart for Indie Rock

BY DIAO DIAO

One of Beijing's most popular indie bands Namu has achieved the dream: a recording contract with an overseas label.

The seven-member band is preparing for this first show of the monkey year this month and a new music video due to launch in April, right before the 2016 festival season kicks off.

Namu was founded by Liu Xiangsong in 2007 when he was a student of garden engineering at Beijing Forestry University. Before arriving in the capital, Liu studied guitar at the at Sichuan Conservatory of Music.

Liu was quick to meet up with the school's guitar group, where he found the drummer Beibei and other future members of his band.

Indie rock and Buddhism aren't things that typically go together. The band's name Namu means to proclaim in Buddhism, and Liu sees it as an anchor to which they can always return.

Percussionist Zhang Shuo and rhythm guitarist Zhang Lan joined the band in 2008, and bassist Leizi and drummer Sun Mi arrived in 2012.

In addition to their more standard rock instruments, Namu also includes folk instrumentalist Chen Ying and pianist Hanluo, whose talents give Namu much of its unique sound.

In a scene where the bands are made up of "bad kids" who scored poorly in college or dropped out of high school, Namu is unusual in its academic achievement.

Liu Xiangsong and Zhang Shuo were the top two students in their schools, Leizi is a nationally certified chef, Sun Mi is the deputy secretary-general of Percussion Association of Heibei province, and the other members carry degrees from other prestigious national schools.

But even a decade after graduation, they still make time for music.

Namu's catalog includes rock songs and softer compositions. The overall style is heavily influenced by Liu Xiangsong's early approach to music.

Liu grew up in a household that loved Pingju opera and the er'renzhuang of China's northeast. Before Liu founded the band he knew nothing about modern guitar, and most of the early compositions were a blend of folk and classical tradition.

Now Namu plays a broad selection of styles, though many songs ultimately return to a quieter sound that reflect the Buddhist quest for inner peace. Namu is regarded as the most inimitable band by listeners who have been to their live shows. Their "Good Good Study, Day Day Up" is aimed at young children, "1980s" is a hymn to '80s nostalgia and "I'm Your Giant Gorilla" tells of the stresses ordinary people face in modern Chinese society.

Beijing's indie circle has a saying: nine out of ten people inside Second Ring Road are indie musicians. It's not easy to make money in a scene where your neighbors are your competition.

But Namu has managed to stand out and find a place for itself at international music festivals. With music as a common language, it hopes to win more listeners around the world. ■



Photos by Wang Xiaoming



Photos by He Naosi



ARTISTS



Evolution



Balloon Medusa



Metaphor



Pride



Sister



Present

Untamed Dreams

BY KARENA HU

Some painters choose to paint because they love it. The 24-year-old artist Hao Shuaiqi paints because he has to. Hao has relied on painting to escape loneliness since the age of two. His paintings depict a surreal universe.

"I have to act differently on different occasions. But it's all me. It's like there are many versions of myself that coexist in one space. We cannot reach each other, but somehow art unites us," Hao says.

Hao graduated from Studio 8 under the School of Design at China Central Academy of Fine Arts. He entered school to study design, but the atmosphere of Studio 8 gave him another option to pursue his dreams. The school confirmed his love of art and its teachers helped him hone his ability to express his inner world.

Looking back on his work, Hao says it took many family members, friends and professors to make his pursuits possible. Those closest to him can decode the hidden messages in his surreal art.

Influenced heavily by Spanish artist Salvador Dali, Hao said the elements in his drawings are completely the product of his intuition.

"I saw several Dali exhibitions when I traveled to Europe. I liked his works so much that I visited the exhibitions again and again. His art resonates with me in a very delicate way," Hao says.

He is attracted to art concepts like Dali's maximized thoughts and radiation rays, which see echoes in Hao's own painting *The Cage of Art*. The picture shows a red-haired stone statue standing in stillness, a symbol of beauty amid desperation.

Apart from scraping fleeting mental images together, Hao also loves to communicate via analogy. In *Metaphor*, the artist creates two figures that resemble Professor Calculus, a character from the Tintin comics. One represents himself and the other is the original figure. Hao said the painting was inspired by the craziness and focus of original character.

Most of his ideas begin as crazy notions scratched out on a small pad while he travels about the city. A few come from more painful experiences that leave him with a deep impression.

"When I painted *Insomnia*, I was having a serious bout of OCD that kept me awake whole night. I didn't have insomnia, but somehow I still couldn't sleep. Eventually I started becoming sensitive to sounds, and everything started to grate on my ears," Hao said. "When I finished the painting, my OCD went away."

Hao said he expects that one day he will run out of inspiration and stop painting. But that's not because he's an independent artist who only paints for himself. Hao sees himself as a sort of recorder of a message that may not persist forever.

"Sometimes I feel that I am only a container. Thoughts came in and have a chemical reaction in my head, and then I'm inspired to turn them into reality. My best work is always my next," Hao said. ■

(Karena Hu is an intern at Beijing Today.)



Hao Shuaiqi



Loneliness in Four Dimension



The Cage of Art

Soundless, Insomnia
artand.cn/pangq

A TRAVEL



43 Hours in Hangzhou

BY SIMINA MISTREANU

Hangzhou is one of China's most picturesque cities. Its West Lake for centuries has inspired emperors' pride and poets' verse. Its green hills and picturesque pagodas appear to be drawn out of classical paintings. At least once in a lifetime it's worth walking or riding a bike along the full 11 kilometers along its shoreline.

In the hills west of the lake you can discover temples, pagodas and the handsome terraces of the National Tea Museum. When you get tired of walking, have a meal at the city's ancient Qinghe Lane or a drink at one of the many restaurants east of the lake. Here's how you can make the most out of 43 hours in Hangzhou.

Day 1: West Lake

Two thousand years ago, Hangzhou's iconic lake was a lagoon adjoining the Qiantang River. Hangzhou governor Bai Juyi in the 8th century ordered the dredging of the lake to provide water for nearby farmland. The area soon became more prosperous.

During the Five Dynasties and Ten Kingdoms period (907-960), Hangzhou became the capital of Wuyue Kingdom thanks to its proximity to the coast and trade routes to Japan and Korea. Rulers of the time built or expanded many of the temples, pagodas and shrines surrounding the lake, including the Lingyin Temple, Jingci Temple, Zhaoqing Temple and the Baochu, Liuhe and Leifeng pagodas.

The lake's three causeways were initially built in the 8th, 11th and 15th centuries.

The lake and its surrounding pagodas and gardens are worth a full day of your Hangzhou trip. Start from wherever you are and walk or ride a bike along the shoreline. The lake sees thousands of visitors – especially during summer days and national holidays – but that doesn't take away from the experience. The scene changes as you progress along the coast, and as the sun moves across the sky.

The lake's largest island is Gushan Island, close to its northern shores. In the 18th century, the buildings and gardens on the island composed Emperor Qianlong's holiday palace and gardens. On the north-west side you can visit the lovely Quyuan Garden, which is home to 200 species of lotus flowers in five ponds linked by small bridges.

Xiaoying Island is the best spot from which to can admire the Three Pools Mirroring the Moon,

three pagodas rising from the water, with circular holes that sometimes let out light from lamps or candles.

Also not to be missed are the Leifeng Pagoda and Jingci Temple on the south shore. At the end of the day, stop for dinner and drinks at one of the many restaurants and bars overlooking the lake from its east shore.

Day 2: Morning: National Tea Museum

Start your day with a visit to China's only tea-themed museum. Spread across 3.7 hectares in the hills west of West Lake, the museum includes beautiful undulating fields of tea bushes. The museum complex has four groups of buildings, which display various aspects of tea history and culture.

The area also hosts a research center and has several quiet teahouses where visitors can sip tea and witness its art.

Day 2: Afternoon: Lingyin Temple

Within walking distance from the tea museum is Hangzhou's most famous Buddhist temple, Lingyin Temple. The temple was originally built in 326 but has been destroyed and rebuilt several times since then.

Visitors are greeted at the entrance by the four majestic kings in the Hall of Heavenly Kings. The Great Hall contains a 20-meter-tall statue of Siddhartha Gautama made of camphor wood. At the back of the hall, a haunting rendition of Guanyin stands in front of a wall with hundreds of small figures in different postures.

In front of the temple is the "Flying Peak," which has grottoes with numerous carved Buddha statues. The peak differs in color from the surrounding mountains. According to legend, it flew overnight from India to Hangzhou as a manifestation of Buddhist law.

Day 2: Evening: Qinghe Lane

End your day at Qinghe Ancient Lane, an area comprised of several blocks south of Huimin Road. The area has some of the best-preserved ancient buildings in Hangzhou, and it includes many shops, restaurants and teahouses.

One of the most appreciated restaurants is Zhuanyuanguan, whose history dates back to 1870. After a serving of mutton noodles, you can take a short walk back to West Lake, whose view never gets tiring. ■



CFP Photos





ENTERTAINMENT



Man from Macau Gathers Superstars for New Entry

BY DIAO DIAO

The *Man from Macau* was the third movie to debut on February 8 this year. While the story has some connection with its two predecessors, most viewers declared it to be heavy on Hong Kong eye candy and light on substance.

If the past decade has taught us anything, it's that the Chinese film industry likes gambling movies even more than most Hong Kongers like gambling. There are more than a hundred gambling movies indexed by Baidu starring every generation of Hong Kong heartthrob from Chow Yun Fat to Andy Lau and Tony Leung.

The most famous is *God of Gamblers*, shot in 1989 and starring Chow Yun Fat and Andy Lau. As one of the trendsetters, *God of Gamblers* is the template on which all modern Chinese gambling movies are constructed.

The Man from Macau series in no exception.

The first movie aired in 2014 around Chinese New Year. With a cast that included Chow Yun Fat, Chapman To and other popular Hong Kong stars, it sucked in 180 million yuan in its first week.

The story follows Shi Yijian, a top gambler who plans to retire from a gambling house in the US. When Shi returns to Macau, he and his friends end up involved with a criminal group. Shi secures their escape with his outstanding gambling skills.

The second movie follows Shi as he helps police those same criminals. It aired during Spring Festival 2015 and ended with Shi deciding to get out of the gambling business. The movie starred Carina Liu, Shawn Yue and Angela, a woman from the reality show *Dad Where Are We Going?* Chow Yun Fat played both Shi Yijian and Gao Jin, his character in *God of Gamblers*.

The latest movie, as usual, arrived during the holiday. Gambling movies succeed best when families are playing mah-jongg or throwing cards.

This time, Shi Yijian finally decides to retire. However, he loses his memory when an explosion happens on his daughter's wedding day. Shi ends up in prison and must once again cooperate with friends and master gamblers to catch a criminal.

The new movie still stars Chow Yun Fat, Andy Lau, Nick Cheung and several actors and actresses from the last two films, as well as Jacky Cheung and Li Yuchun.

The film is poor by any measure. The effects look cheap, the dialogue is dry, the jokes fall flat and the action has been toned down. Worse yet, it seems like not a minute of screen time goes by without a blatant product placement.

Douban reviewers have given the movie an abysmal score of 4.1 stars. Most reviewers rewarded only one star, and only then because it brought back so many familiar faces. ■

Chinese Psychologist Writes of 30,000-Mile Travel in Africa

BY YANG XIN

US scholar Deborah Brautigam once said that people in China know too little about Africa. That's hard to deny, since most popular travel books focus on Europe and the Americas.

African culture and history tends to remain a mystery.

Chinese psychologist and writer Bi Shumin hopes to change that with *30,000 Miles of Africa*, a new book that offers a glimpse into everyday life on the massive continent.

The 250,000-word book records Bi's 56-day trip through Africa by way of the Rovos Rail, one of the 10 most luxurious trains rated by the National Geographic.

Bi describes the Rovos Rail as a miniature United Nations that brings together people from all walks of life.

While passengers of the train are largely the rich and powerful people from the upper class, the train passes through impoverished slums of underdeveloped African regions. Bi observed the contrasting classes to understand Africa's huge wealth gap.

Starting from South Africa and following the Cape of Good Hope, the train passes by Botswana, Zimbabwe, Mozambique, Zambia, Tanzania and travels straight to northern Africa.

Unlike common travel guides about Africa, the "spiritual mentor of Chinese-speaking world" wrote the book mainly from the perspective of African history and culture. The book is composed of 28 chapters, each with a short story about what Bi sees and hears.

For example, she describes her visit

to local museums, her immersion into the African natural environment, local governments' disruptive actions, her astonishment when hearing about the notorious Atlantic Slave Trade and her admiration for the life achievements of Nelson Mandela.

One highlight of the book is Bi's visit to Soweto in South Africa, the world's largest slum. As a former military doctor, Bi risked her life to see the most unprivileged population in the area with Africa's highest crime rate.

Aside from slums, Bi also recorded how many in the African middleclass understand China. Most African people, in Bi's words, lacks a basic understanding of China's development and still dream of making money by trading touchtone phones in China. ■



Photos by douban.com

Q CLASSIFIEDS

DINING



Dining Yanqi Ski Vacation

Take an unforgettable Ski vacation at Sunrise Kempinski Hotel, Beijing & Yanqi Island. Prices start from 1,588 yuan (plus 15 percent for service). Enjoy one night in a spacious room, breakfast, dinner, 60 minutes of spa treatment and two ski tickets to the Huaibei International Ski Resort.

Enjoy the fresh snow, cool mountain air and breathtaking scenery of Yanqi Island!

⌚ Through March 15

➔ Sunrise Kempinski Hotel, 18 Yanshui Lu, Yanqi Lake Huairou

💎 1,588 yuan

NIGHTLIFE



Kempinski Vienna Ball 2016

The Kempinski Vienna Ball Beijing will be held on March 19 under the patronage of the Austrian Ambassador Arnold Obermayr, the Austrian Embassy Beijing Culture Department and the City of Vienna.

Guests can enjoy live music by the Original Wiener Strauss Capelle while dancing to the tunes of Strauss and Mozart. Kempinski will be offering an exclusive Austrian set dinner.

Come for the cocktail reception at 6:30 pm and enter the ballroom at 7:30 pm. Stay for the Ball Midnight Quadrille and a performance by bands. Ladies must wear a long ball gown and men must dress in formalwear and a black tie.

Raffle tickets will be sold during the ball for 100 yuan. All proceeds go to Sunvillage Charity, Kempinski Beijing's chosen social recipient.

⌚ 6 pm-3:20 am, March 19

➔ Kempinski Hotel Beijing Lufthansa Center, Beijing Lufthansa Center, 50 Liangmaqiao Lu, Chaoyang

SAT MARCH 12TH 3月12日
NEON BEER PONG

荧光啤酒乒乓竞赛
CHAMPIONSHIP

SIGN UP
VIA QR < CODE 9.30PM

8-BIT 酒吧
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TEL: 13488783848

8-BIT Neon Beer Pong Championship

Join 8-BIT on March 12 for its beer pong championship! Using custom tables and some light sorcery, the two-on-two game comes to life in a wonderful boozy glow. It also makes it a hell of a lot easier to find those glowing orange balls. Team names are encouraged and everyone who plays can enjoy a 20 yuan bottle of Kirin to fill their cups of destiny. The winner will receive an 8-BIT Neon beer pong trophy. Please RSVP via QR code or WeChat ID Beijing8bit as spots are limited. Games start around 9:30 pm.

⌚ 9 pm-1 am, March 12

➔ 8BIT, 13 Beiluogu Xiang, Dongcheng

MUSIC



Hideaki Tokunaga Guitar Quartet@East Shore Jazz Cafe

Born in Osaka Japan, guitarist Hideaki Tokunaga came to the US in 1985 and settled in New York, playing with an organization called Music Under New York (MUNY), which arranged for musicians to play in subways. In 1990, he moved to Southern California and started attending the California Institute of the Arts through the Charlie Mingus Scholarship Program. He graduated from CalArts with his Master's Degree in 1998.

During his school years the 18th Annual Down Beat Magazine Student Music Awards gave one of three Best USA Jazz Instrumental Soloist-College Awards to Tokunaga.

➔ East Shore Live Jazz Cafe, 2/F, 2 Qianhai Nanyan Lu, Xicheng (west of the post office on Di'anmen Wai Dajie)

⌚ 10 pm-1 am, March 11

学校 SCHOOL 2016.3

3.7 Mon. 80/60RMB
Electric 4
Girl Kill Girls
The Twinkies
The Twinkies
The Twinkies
The Twinkies

3.8 Tue. 80/60RMB
Electric 4
Girl Kill Girls
The Twinkies
The Twinkies
The Twinkies
The Twinkies

3.16 Wed. 30RMB
H.O.G.
Funky Monkey
H.O.G.
The Honor of the Ghetto

3.17 Thu. FREE
BLACKWATER (黑水)
H.K.B. 乐队
2016新专辑

3.23 Wed. FREE
School Freshman
H.K.B. 乐队
2016新专辑

3.25 Fri. 60RMB
D-Crash
不羁之血
Hell City
示威者
最后一招

3.26 Sat. 60RMB
Mr. C
The Pink G
Ruin
Bet
Guigui
Social

weibo@SCHOOL学校酒吧
schoolbar@126.com
更多活动资讯请扫二维码
20:00-3:00

Hip Hop Open Mic Night at School Live Bar!

Starting with random shows in early 2015 and thereafter building momentum at School Live Bar's annual New Year's Eve extravaganza and "Drink the Bar Dry" before Chinese New Year, Wudaoying has turned into a strong and lively hip hop community. For this first show in the Year of the Monkey, get ready to welcome MCs back to the School Live Bar stage. Expect sets from a number of local rappers, free-style battles and tons of back-and-forth interaction with the crowd.

➔ School Bar, 53

Wudaoying Hutong, Chaoyang

⌚ 9:30-11:30 pm, March 15

📍 douban.com/school/

BOOKS



Literary Portraits of Women

Agnes Desarte, a prolific French author and translator, will discuss the female characters who appear through her novels. Desarte won the Livre Inter Prize in 1996 for her novel *Un Secret Sans Importance*, the Marcel Pagnol and Virgin version Femina prizes for *Le Remplant* and the Renaudot Prize for High-Schoolers for *The Foundling*. Her latest book, *Ce Coeur Changeant*, received the 2015 Le Monde Literary Prize.

This event will be in French with English interpretation. It is part of the Bookworm Literary Festival.

➔ The Bookworm, Courtyard 4, Gongti Bei Lu Chaoyang

⌚ 1-2:30 pm, March 11

📍 bookwormfestival.com



Women's Rights Around the World

In honor of International Women's Day, this event will examine some of the most vital issues of the international women's movement, including sexual violence, sexual harassment, work discrimination and inequality in the law.

It will also ask whether women's rights around the world, in this age of Boko Haram and ISIS, are actually being rolled back, and what positive steps are being taken? Moderated by Bidisha, a British writer and BBC broadcaster who specializes in human rights, international affairs and the arts and culture, with director of the Beijing LGBT Center Ying Xin and authors Lijia Zhang and Clare Wright.

➔ The Bookworm, Courtyard 4, Gongti Bei Lu Chaoyang

⌚ 1-2:30 pm, March 12

💎 60 yuan

COMMUNITY



St Patrick's in Beijing

Beijing will always be mysterious and there will always be new areas to excite, inspire and amaze. It's no surprise that David, Paula and the team at Improbable Guides have been busy preparing the new season for 2016 Hidden City Game.

This time, We'll be celebrating wins with Paddy's free beers from about 5 pm.

If you're new to Beijing, here's what you need to know. This is an exploration game to discover new and uncharted parts of the city. Take a friend or colleague or build a team on the day with up to four adventurous people. It's a friendly competition which you can take as seriously as you like – a test of your ability to observe, learn, solve, cooperate and have amazing fun.

⌚ 1-6 pm, March 20

➔ Paddy O'Shea's, 28 Dongzhimen Wai Dajie, Chaoyang

FOODS

photo by 3lian.com

Flavor the Dish Sauces in Chinese Cooking

BY WANG YAN



photos by sparalala.com



photos by nicpic



There are many varieties of Chinese cuisine, but most diners judge their quality by the color, aroma and taste of each dish. In order to meet expectations, Chinese chefs rely on a dizzying array of sauces.

Historical records say the earliest seasonings used in Chinese cooking were salt, plum and alcohol. Literature from the Shang Dynasty showed that people used salt and plums to cook fish. The use of salt dates back even earlier. According to *Shiben*, a collection of several dynastic texts written during the Warring States Period, salt was used during the time of the Yan Emperor, the legendary ancestor of the Chinese people. In the Shang Dynasty, plums were used to give dishes a sour flavor.

Traditional Chinese medicine believes plums are beneficial to the spleen and stomach. Several archaeological findings also proved that alcohol was used as beverage and sauce by the reign of Emperor Yu (2205-2198 BC).

These traditions are well preserved in Chinese cooking. Salt is used in almost every dish in Chinese cuisine. Plums are less common, but can still be seen in some southern dishes. Alcohol is often cooked with meat.

Spice and vinegar are more recent arrivals in everyday Chinese cooking. Although Chinese food is known for being spicy, Chinese people don't have a long history of consuming spice. Historical records show peppers entered China during the Ming Dynasty as an import from the New World. They became popular in the southern provinces of Guagxi, Guangdong and Guizhou. By the Qing dynasty, spicy food became popular and people in Guizhou ate it daily.

Today, China is one of the largest producers and consumers of peppers. Hot peppers even find a home in northern China, especially in the dry northwest.

Unlike spice, vinegar has a long history in Chinese cuisine. It is used in almost every Chinese cooking tradition. Records show China has been cooking with vinegar for at least 3,000 years. The usage of vinegar was recorded in *The Analects of Confucius*, and it was especially common in the Tang Dynasty.

In Song Dynasty, firewood, rice, oil, salt, soy sauce, vinegar and tea were listed as the seven must-have ingredients for daily life. Many places produce fermented vinegar, but the most famous four types are Shanxi dark vinegar, Baoning vinegar, Zhenjiang flavor vinegar and Hongqu rice vinegar. Traditional medicine holds that vinegar can benefit human body by relieving fatigue and softening the blood vessels. ■

Fall in Love at Xiang'ai Restaurant

BY WANG YAN

The word Xiang'ai means fall in love, but if you replace the original character with another *xiang*, it takes on a new meaning. With three extra strokes, *Xiang* refers to Hunan and is often used to describe the province's food.

Xiang'ai restaurant uses *xiang* to refer Hunan food and uses *ai* to attract eaters. After all, who doesn't like Hunan food and falling in love?

Located at Galleria, the restaurant is easily located. It carries an impressive five-star rating on Dianping.com, and many eaters say Xiang'ai is the perfect location for a date.

Food at Xiang'ai is known for its delicacy. And if your palate cannot take too much spice, Xiang'ai is also a good option since the taste is mild compared to common Hunan food.

The restaurant charges a service fee but offers free lemon rose water to every guest. Waiters are also said to be very friendly and helpful.

Popular dishes include conch soup (*xiangluo tang*), fish noodles (*jintang yuxian*) and pineapple rice (*boluo fan*). Its durian lollipops are also quite popular.

Hunan food is one of the most famous Chinese culinary traditions. If you haven't tried it and feared its fiery reputation, Xiang'ai might be a good option. Who knows? You might fall in love with Hunan cuisine yet. ■



Photos by Dianping.com

MAKE YOUR OWN WITH THIS RECIPE

Learn to Make Chicken Teriyaki

BY WANG YAN

Although it's a Japanese dish, chicken teriyaki is getting more and more popular in China. Many restaurants in Beijing serve it. The dish is simple to make and only requires a couple different sauces. This simple recipe will help you cook your own at home.

Ingredients:

- ☐ 2 chicken legs
- ☐ ginger
- ☐ 1 tbsp salt
- ☐ 1 tbsp Chinese cooking wine
- ☐ 2 tbsp soy sauce
- ☐ sugar
- ☐ dark soy sauce
- ☐ honey



photo by nicpic

The Steps:

1. Cut the chicken leg open and remove the bone.
2. Lightly slice the chicken. Add ginger, salt and Chinese cooking wine and marinate for 5-8 minutes.
3. Mix the soy sauce, dark soy sauce, sugar, Chinese cooking wine and water in a bowl. Reserve for later use.
4. Heat up a pan and fry both sides of the chicken until they turn golden.
5. Add the mixed sauce and braise for 2 minutes.
6. Add some honey and boil for another 1 minute before serving.

Xiang'ai Restaurant

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